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'MAKE IT RIGHT'

B.C. families cautiously optimistic at launch of federal missing and murdered indigenous women's inquiry metroNEWS

DAVID P. BALL/METRO

PLUS: WHO'S LEADING THE COMMISSION metroNEWS
WESTWOOD ON ITS SIGNIFICANCE metroVIEWS

Monitoring meditation

SCIENCE

Researchers travel to Nepal to scan monks' brain waves

Wanyee Li
Metro | Vancouver

A group of B.C. scientists are one step closer to figuring out how meditation can improve brain function after measuring the brain activity of meditating monks near Mount Everest.

The team of researchers travelled to Nepal in May and met 27 monks who agreed to have their brains monitored with an electroencephalography (EEG) headband during meditation, which led to some remarkable findings.

The monks' brains showed greater brain activity not only during meditation, but also after meditation, said Olav Krigolson, a neuroscientist at the University of Victoria. He led the study along with Gordon Binsted, dean of the faculty of health and social development at UBC Okanagan.

"There's also this carry over benefit where their brain is functioning better after meditation," said Krigolson.

The monks scored higher on cognitive tests — in this case, a simple video game — seven minutes after meditation, opening up the possibility of using meditation to enhance brain function, said Krigolson.

"It's the first time we have seen this in one (study) with this many monks," he said.

"This is a very solid finding."

The researchers also found out exactly what was happening in monks' minds during meditation. The monks showed more activity in parts of the brain associated with relaxation, focus, and brain synchronization.

This study was also the first time scientists were able to bring brain-monitoring equipment with them for research in the field because advances in software have made data collection and analysis much quicker.

The brain is one of the last parts of the body that remains a mystery, said the neuroscientist.

"One day not long from now we're actually going to know those answers and this is just another piece of that puzzle," he said. "People talk about areas of exploration. The brain is one of the last ones out there."

A monk prepares to meditate wearing a device that measures brain activity. CONTRIBUTED

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Your essential daily news

Instagram rolls out comment filtering feature to curb abuse. World

REAL ESTATE

Housing market in summer plateau

Vancouver's booming housing market, one of the hottest in North America, may be showing signs of cooling after home sales fell last month to their lowest level since January.

A total of 3,226 residential properties were sold in July, down 26.7 per cent from June and an 18.9 per cent drop from July 2015, the city's real estate board reported Wednesday.

Dan Morrison, president of the Real Estate Board of Greater Vancouver, said the summer months are generally slower, and that last summer was particularly busy.

"It's really just a return to more historical average levels," said Morrison. "July last year was really the exception."

Total sales peaked at an all-time high of 5,173 in March —56 per cent above the 10-year average.

> **It's really just a return to more historical average levels.**
> Dan Morrison

Cameron Muir, chief economist at the B.C. Real Estate Association, said he expects prices to plateau in the coming months.

"Demand's kind of falling back to longer term averages, and we're seeing a record number of homes that are under construction today, so with that supply the housing stock is going to expand," said Muir.

THE CANADIAN PRESS

WEST KELOWNA

Two hurt as cyclist shoots at car: RCMP

A cyclist is in police custody after shots were fired at a car in West Kelowna, B.C.

RCMP spokesman Const. Jesse O'Donaghey says a 48-year-old man was in his car Tuesday night when another man on a bike pulled out a gun and fired multiple rounds into the vehicle.

The car struck the cyclist during the confrontation.

The man suspected of firing the shots fled the scene but police found him hiding nearby.

O'Donaghey says the suspect is a 29-year-old Kelowna man who has non-life threatening injuries and remains in police custody.

The shooting victim was rushed to hospital and police say his injuries are believed to be serious but non-life threatening. O'Donaghey says the incident is believed to be a targeted attack.

THE CANADIAN PRESS

Trudeaus take Tofino

SOCIAL MEDIA

PM and family relax, hang ten on Vancouver Island beaches

Two days after his appearance at Vancouver's Pride parade, Prime Minister Justin Trudeau and his family have popped up in another part of beautiful British Columbia. Social media posts detailed the family's adventures whale watching and surfing near the Vancouver Island town of Tofino earlier this week.

Tofino guiding company Ocean Outfitters posted photos on Facebook showing a baseball-hatted Trudeau with his wife Sophie Gregoire Trudeau, while Twitter user Nikole Read posted a photo of Trudeau surfing on Chesterman Beach.

Tofino guiding company Ocean Outfitters posted these pictures of Prime Minister Justin Trudeau and his family during a visit to the Vancouver Island resort town on Tuesday.

OCEAN OUTFITTERS/FACEBOOK

The Trudeau family appears to be enthusiastic about exploring the great Canadian outdoors: earlier this summer a Peterborough family was surprised to bump into the Trudeaus as they explored a cave in a Quebec park.

That story went viral in international media Wednesday, appearing on the BBC, New York Time Magazine, New York Post and Buzzfeed. The fact that the PM was sans shirt when the family bumped into him seems to be a key factor behind the breathless reaction.

It's all a bit much for some Canadians.

"This man needs to stop taking so many vacations and do some work," wrote Facebook user Kirsten Madsen on Ocean Outfitter's page, while Megan Dickson countered, "It's part of his job description to tour around Canada and support small businesses."

> **It's part of (Trudeau's) job description to tour around Canada and support small businesses.** Megan Dickson

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TINDER HELP

Just let Bernie do all the swiping for you

If you're on Tinder and someone asks you whether you like avocados, you might be interacting with an artificial intelligence program called Bernie.

Vancouver resident Justin Long developed Bernie one year ago after he found himself wasting a little too much time on Tinder.

"You'll start getting a lot of miscellaneous recommendations...you get a large batch of people that you don't have a lot in common with," Long explained.

He's since turned his prototype into a startup company with three employees. The Bernie app, which costs $2 a month, was launched on July 17 for dating apps Tinder and Happn, and Long hopes to soon offer it to users of more conventional dating sites.

"Bernie is the guy who lives in your phone and swipes for you," Long said. "He opens the conversation and he determines whether the other person is even interested."

The app uses a facial recognition process to find photos on Tinder that match photos users have "shown" Bernie as examples of people they find attractive.

The app will then go ahead and start conversations with people it thinks will be a good match. The questions are designed to be a little odd and silly.

For instance: "Was it Simba or Mustafa who killed Simba's dad?" works because the misleading question gets the recipient's attention (the correct answer is Scar, from the movie The Lion King).

"Did you know that I once got an award for bravery?" is quickly followed up on with, "What if I once squished a spider?"

"The other person on Tinder almost always responds, if they're interested," Long said.

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Construction continues on the Site C damn. CONTRIBUTED/BC HYDRO

No Peace on the horizon

BC HYDRO

One year into Site C Dam job, landowners not giving up

Jen St. Denis
Metro | Vancouver

While BC Hydro and the province celebrate the one-year anniversary of construction on the Site C dam, landowners are steadfast in their opposition to the project, which will flood 83 kilometres of land near the Peace River and entail moving several houses.

"We'll keep advocating opposition to this project by whatever peaceful, legal methods we can," said Ken Boon, president of the Peace Valley Landowners Association.

Landowners received another setback Friday when the federal Department of Fisheries and Oceans authorized two permits that will allow BC Hydro to continue construction work on the dam. Five legal challenges to the project continue to progress through the court system.

The project has provided an economic boost to the region, according to B.C.'s Ministry of Energy and Mines, which pegs May employment numbers at 1,547. Out of that total, 79 per cent of the workers are from B.C.. Northeastern B.C. has been hit hard by the downturn in oil and gas and currently has the highest unemployment rate in the province.

But critics of the project say the huge dam isn't needed, especially with the growing uncertainty over whether any of the province's hoped-for LNG projects, which were anticipated to increase electricity demand, will ever get off the ground.

For Boon, a farmer and campground operator, it's a situation of tense waiting as BC Hydro continues to access his land for geotechnical and archaeological work in preparation to move Highway 29 to make way for the dam. If the work goes ahead as planned, Boon will lose his home and some of his best farmland.

He noted that currently, nesting red-tailed hawks are preventing BC Hydro from continuing with the work.

"Thank God the birds came through again and put a roadblock in front of what Hydro is doing," he said.

> We'll keep advocating opposition to this project.
> Ken Boon

Prime Minister Justin Trudeau stops to talk with a mother and her daughter. A federal analysis says fewer Canadian mothers work outside home than those in many rich countries. THE CANADIAN PRESS

Few moms work outside the home

ANALYSIS

Report places Canada ninth among rich countries

Fewer Canadian mothers — especially those with young children — participate in the job market compared to moms in many wealthy countries, says a newly released internal federal analysis.

The Finance Department briefing note, prepared after the Liberals took power, also found that the workforce participation rates of Canadian mothers varied considerably depending on the province.

The document explored the link between child-care support and the involvement of women in the labour market.

It was created after last year's election campaign, during which the Liberals vowed to work with provinces, territories and indigenous communities to draw up a national framework on early learning and child care.

The Trudeau government's first spring budget committed $500 million in 2017-18 toward the framework's creation.

The Liberals have promised the initiative would avoid a "one-size-fits-all" national program, and instead consider the approaches used by different jurisdictions across Canada to address their respective child-care needs.

The government's detailed internal analysis, "The impact of childcare support on women's labour force participation," provides information that could add valuable context to such discussions.

75%

Employment rate for Canadian women aged 25 to 54 years old.

Based on 2013 data, it said the employment rate for "prime-aged" Canadian women — between 25 to 54 years old — with kids younger than 15 years old was 75 per cent. That number placed Canada ninth among fellow member countries in the Organization for Economic Co-operation and Development, a prominent Paris-based think tank.

"Canadian women with children are less involved in the labour market than women in many OECD countries," said the partially redacted briefing note.

THE CANADIAN PRESS

STATEMENT

Hunter Tootoo apologizes for 'inappropriate' relationship

Nunavut MP Hunter Tootoo, who cited an alcohol problem for leaving the Liberal caucus and cabinet earlier this year, apologized Wednesday for what he called a "consensual but inappropriate" relationship with an unidentified person.

Tootoo, who declared his return to politics late last month after a two-month hiatus to seek treatment for addiction, has been at the centre of persistent rumours that he had been involved with a staff member.

He acknowledged the relationship in a videotaped statement that was delivered at the CBC's Iqaluit studios and posted to the broadcaster's regional Facebook page. "I let my judgment be clouded and I also let alcohol take over my life," Tootoo said.

THE CANADIAN PRESS

Hunter Tootoo

THE CANADIAN PRESS FILE

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Frustrations mount on the right

CAMPAIGN

Poll numbers, morale sinking in recent spate of offences

Republican leaders are reportedly frustrated Donald Trump won't take their advice.
EVAN VUCCI/THE ASSOCIATED PRESS

Their party in crisis, Republicans' frustration with Donald Trump reached new heights Wednesday as party leaders on Capitol Hill and inside New York's Trump Tower scrambled to persuade their presidential nominee to abandon divisive tactics that have triggered sinking poll numbers and low morale.

Party chairman Reince Priebus appealed to the billionaire's children to help amid new signs of trouble. Trump's operation has been beset by internal discord, including growing concern about general election preparedness and a lack of support from Republican leaders, according to two people familiar with the organization's inner workings.

One of the people said Trump privately blames his own staff for failing to quiet the backlash from his own party after he criticized an American Muslim family whose son, a U.S. Army captain, was killed in Iraq.

The inner tension comes as Priebus and a handful of high-profile Trump allies consider whether to confront the candidate directly to encourage a new approach following a series of startling stances and statements.

In the midst of the uproar over his continued criticism of the Khan family, Trump infuriated Priebus and others by refusing to endorse GOP House Speaker Paul Ryan's re-election.

Trump on Wednesday dismissed suggestions that the GOP frustration was hurting his campaign, even as he openly contemplated an Election Day loss.

"Wouldn't that be embarrassing to lose to crooked Hillary Clinton? That would be terrible," he said during a campaign stop in battleground Florida. He also insisted, "We've never been this united."

Trump blamed the media — "so dishonest" — for growing criticism of his recent statements and his unwillingness to accept guidance from senior advisers.

Privately, however, Trump has concerns about his own team. He was deeply upset when GOP leaders "took the other side" during his ongoing quarrel with the Khan family, one person said. Another person said Trump is irritated that general election planning in battleground states isn't further along with less than 100 days until Election Day.
THE ASSOCIATED PRESS

+ OUTSOURCING

Clinton swings at 'Made in USA' claims

Hillary Clinton is criticizing Trump's use of outsourcing, part of an effort to undercut the business record that forms the basis of his pitch. "What kind of man does business by hurting other people? I am just so determined that we are not going to let him do to America what he has done to small business," she told several thousand people at a school gym Wednesday. She argued he's profited from the same foreign labour he now blames for killing U.S. jobs.

SOCIAL MEDIA

Instagram feature to dim abuse

Rebecca Williams
Metro | Toronto

As announced by The Washington Post, Instagram has been working on a feature that would allow users to filter out comments they deem negative.

That filter has been made available to some accounts, mostly celebrities, including Chrissy Teigen. The model shared an image of her showing the words she had chosen to filter, some funny (Trump) and others not so much (slut). Instead of just blocking comments with inflammatory words, users will be allowed to choose the words they wish to filter out.

"Our goal is to make Instagram a friendly, fun and, most importantly, safe place for self expression," a representative told the Post.

Chrissy Teigen
RACHEL MURRAY/GETTY IMAGES FOR SPIKE

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Mandate for inquiry revealed

JUSTICE

Indigenous female judge to lead long-awaited probe

Families who believe investigators gave short shrift to their lost loved ones cases hope to have a second chance at justice as the next phase in the national inquiry murdered and missing indigenous women and girls begins.

Canada's first indigenous attorney general, Jody Wilson-Raybould, said the five-person commission can recommend to law enforcement that a criminal investigation be launched.

There is flexibility, under the inquiry's mandate, for the commissioners, led by B.C. indigenous judge Marion Buller, to figure out how justice can be achieved for the families, said Wilson-Raybould, a former B.C. regional chief of the Assembly of First Nations and a member of the We Wai Kai Nation.

"But it also speaks to their ability in hearing the lived experiences of the families and the survivors, the ability to refer specific cases to the appropriate authorities, be it the police or the attorneys general of the provinces or territories, referring the case in terms where there may be the need for more investigations or more findings," said Wilson-Raybould.

Witnesses can be compelled to testify before the inquiry and to summon all documents needed, Indigenous Affairs Minister Carolyn Bennett said. However, the inquiry does not have power to conduct its own criminal investigation. Cases must be referred to the police for that to happen, she said.

"The families who feel the death of their loved ones were called a suicide or an accident or an overdose as opposed to a murder, those patterns are the kinds of things the commissioners will have to look into," Bennett told a press conference at the Canadian Museum of History on Wednesday.

> **This is a historic day.**
> Denise Maloney-Pictou, whose mother Annie Mae Pictou was found dead in 1976

But criminal examinations can't take place in the inquiry itself because it "is not a criminal court," said Bennett.

Some families are upset, however, that the inquiry was not given the teeth needed to reopen cases.

"This is the problem. Families wanted inquiry to reopen," indigenous activist and lawyer Pam Palmater told the Star via Twitter, referring to sending cases back to provincial or territorial authorities.

TORSTAR NEWS SERVICE

Bridget Tolley, whose mother Gladys was killed in 2001, is embraced after the announcement of the inquiry into murdered and missing indigenous women in Gatineau, Que., on Wednesday. JUSTIN TANG/THE CANADIAN PRESS

KEY FIGURES:

1,181

The number of aboriginal women and girls who have died in the last several decades.

26 mos.

The length of time the inquiry has to complete its work. The commissioners will start Sept. 1 and the government wants a final report with recommendations and conclusions by Nov. 1, 2018. An interim report is due by Nov. 1, 2017.

$14M

The amount the cost of the inquiry has jumped by. The government earmarked $40 million in the budget for the investigation but announced on Wednesday that after initial consultations on how the inquiry should work, it's boosted the budget by $13.8 million.

Commissioners boast backgrounds in law, human rights

Marion Buller
Buller will serve as chief commissioner. In 1994, Buller was named the first female First Nations judge in British Columbia. Before her appointment to the bench, she worked as a civil and criminal lawyer. The resident of Port Coquitlam, B.C., studied law at the University of Victoria. She is a band member of the Mistawasis First Nation in Saskatchewan.

Michèle Audette
Audette is a former president of the Quebec Native Women's Association and served as deputy minister of the Secretariat of the Status of Women in Quebec. The Innu speaker was born in the Innu community of Mani Utenam in Quebec. The Innu speaker was born in the Innu community of Mani Utenam in Quebec.

Qajaq Robinson
Born in Iqaluit, Robinson studied law, clerked with judges at the Nunavut Court of Justice and worked as a crown prosecutor in the northern territory for four years. She is currently an associate with an Ottawa law firm doing work for First Nations communities. Robinson is fluent in Inuktitut as well as English.

Marilyn Poitras
Poitras is an assistant professor in the College of Law at the University of Saskatchewan after legal studies that took her to Harvard. She has an expertise in constitutional and aboriginal law and over the years has worked on several legal education initiatives.

Brian Eyolfson
Eyolfson, currently the deputy director in the legal services branch of Ontario's Ministry of Indigenous Relations and Reconciliation, has previously served as staff lawyer with Toronto's Aboriginal Legal Services. SOURCE: INDIGENOUS AND NORTHERN AFFAIRS CANADA

From left, commissioners Buller, Robinson, Poitras, Audette and Eyolfson listen during the announcement of the inquiry.

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‘We cannot just rely on good faith’ for results

INQUIRY

Advocates speak out at end of their 30-year battle

David P. Ball
Metro | Vancouver

B.C. advocates for the families of the disappeared — many of them grieving the loss of indigenous loved ones — marked the end of a decades-long quest to force the crisis upon the national conscience.

On Wednesday, the federal government unveiled its promised national public inquiry into a crisis that’s led to at least 1,200 indigenous women and girls to vanish or be murdered, according to the RCMP.

“We have been marching for our women for 26 years, for our women that have been killed, that have been hunted, that are still being hunted,” Myrna Cranmer, a member of the February 14 Memorial March Committee, told reporters in Vancouver. “As this inquiry progresses, women and girls are still going to be killed, hunted and go missing.”

The $53-million commission has the power to subpoena witnesses and documents “relevant to their investigation,” according to a federal website. “The commission is directed to examine and report on the systemic causes behind the violence that indigenous women and girls experience.”

Myrna Cranmer, member of the February 14 Memorial March Committee behind yearly marches in the Downtown Eastside since 1990, addresses reporters on Wednesday. DAVID P. BALL/METRO

Metro asked Mary Teegee, executive director of Carrier Sekani Family Services — a long-time advocate exposing disappearances along northern B.C.’s infamous “Highway of Tears” — if she thought the inquiry would be effective.

“We’ve had many reports,” she replied. “We cannot just rely on good faith from the federal or provincial government that they’re going to fulfill those recommendations.

“Trust me, we wouldn’t be here if they actually fulfilled all of those recommendations.”

The Poverty and Human Rights Centre’s Shelagh Day warned the commission’s mandate lacked a framework of human rights and could thereby miss the root problems.

Others expressed growing concern about whether police forces could actually be held accountable if the inquiry finds they neglected their duty to investigate cases, or even committed human rights abuses themselves.

But for Cranmer, the focus can’t just be on what led to the problem or caused the tragedy. For her, it’s those still living who are front of mind as what could be several years of hearings kick off.

“This inquiry will never be right for everyone, but we need to make it right for our living women,” she said, “to make sure they don’t become missing and murdered.”

For Cheam First Nation Chief Ernie Crey — whose sister Dawn was murdered by Robert Pickton — the inquiry is a historic opportunity, despite criticisms and concerns about its set-up.

“My advice to those who aren’t happy” with the terms, he tweeted Wednesday: “Don’t let the perfect be the enemy of the good.”

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metro VIEWS

Missing and Murdered Indigenous Women

Thursday, August 4, 2016

ROSEMARY WESTWOOD
ON WHY THE MMIW INQUIRY MATTERS

What we know about the problem is not nearly detailed enough. This independent inquiry is designed to provide the fullest picture possible, in the greatest detail. Action requires specificity.

It will be a two-year foray into one of our country's darkest shames.

The launch of the long-promised inquiry into missing and murdered indigenous women and girls was a powerful moment for many, and a pivotal announcement.

One with the potential to change Canada.

This inquiry is the right move for grieving families. Fundamentally, it's not about what white Canadians want (though we stand to greatly benefit). It's about what indigenous families, communities and politicians are demanding.

As Manitoba NDP MLA Nahanni Fontaine told the CBC: "This journey for some families started 30 years ago, so for today to actually occur is first and foremost a testament of families' resiliency and determination and courage."

Even so, critics argue, this inquiry is a waste of time and money because what we need now — what indigenous Canadians deserve — is action.

We already know the root causes of violence against indigenous women and girls, they argue. We already know about the devastating rates of poverty, suicide, incarceration, children in government care, sexual violence, third-world living conditions and poor education outcomes that indigenous Canadians face.

Some, including Kyle Kematch, whose sister Amber Guiboche went missing in 2011, suspect one grand PR move on the part of the Liberals, where action should be.

I disagree on all fronts.

Mainstream Canada has looked the other way while indigenous women have been murdered.

To begin with, if this country already had everything it needed to repair relations with indigenous Canadians and offer fairness, justice and equality, we'd be doing it. Where governments are concerned, action is not born of facts. It's not always born of necessity. It can come long after it was due. It can seem to never arrive.

There are two plausible reasons why this called-for "action" — amorphous and rarely well defined by many critics — hasn't been taken. One is that we have been indifferent. The second is that what we know about the problem is not nearly detailed enough. And if we believe, as we should, the families of victims, both are true.

VICTIMS' FAMILIES TO THE FRONT Lorelei Williams holds an eagle feather as she wears a T-shirt with pictures of her cousin Tanya Holyk and aunt Belinda William during the missing and murdered women inquiry announcement. THE CANADIAN PRESS

The data collected and published by the RCMP has proved suspect. A Toronto Star investigation into missing and murdered indigenous women and girls found data that conflicted with the RCMP's public report, raised questions about how cases were categorized and drew suspicion over redactions in the released information. This independent inquiry — consisting of an indigenous chairwoman and four other indigenous commissioners — is designed to collect data and information in an unbiased fashion. To hear stories as yet untold. To offer the fullest picture possible in the greatest detail.

This is important because action requires specificity. You can't say you're going to fight racism in the police force, for example, and leave it at that. You need to understand how that racism functions in order to design a plan to remove it. You need to understand how sexism is perpetuated in communities and government agencies in order to address it. Yes, the problems for indigenous Canadians in broad strokes are well known. But their intricacies have been roundly ignored.

Even if this were not the case — even if we already knew all that we needed to — the public will to change the fate of indigenous Canadians has been lacking. Safe in our more comfortable lives, unaffected by racism and the effects of the Indian Act and residential schools, mainstream Canada has looked the other way while indigenous women have been murdered at a rate 4.5 times higher than the general female population. This inquiry could change that.

We know the Truth and Reconciliation Commission has already begun to. Polls show it has improved mainstream Canadian sentiment and sympathy toward indigenous peoples.

Any real action will require that sentiment, because it will require sacrifice from all of us. It could demand money, land, resources, rising taxes. This inquiry could build more appetite for the substantial collective effort that will truly bring change.

Finally, this inquiry, along with the TRC, could offer indigenous Canadians something that's been lost for more than a century: some level of trust in our governments, and some level of faith in the joint experiment that is our society. That is why all still basking in colonialism's benefits must grip it and wring it and demand of it every last ounce of insight and compassion.

As for where this commission may fall short, and where it may fail: I'd listen to any criticism from any family member of a missing or murdered indigenous woman, or any critic inside the Assembly of First Nations, the Native Women's Association of Canada, or other indigenous political, grassroots or community organizations, or any indigenous Canadian.

Everyone else: I don't care if you think it's a waste of time and money. The status quo is a devastating waste of lives.

Proof of the inquiry's effectiveness for families will lie in what ought to come after the report is published: dramatic improvement to indigenous women's lives and fulsome efforts to solve their deaths and disappearances.

But it takes blind privilege to believe nothing meaningful can be learned from the voices of the oppressed.

5 Things to know about the inquiry

1 It's already over budget

The federal government had originally budgeted $40 million for the inquiry over the next two years. The federal government disclosed Wednesday the commission will need more money to fulfil its mandate. Some critics say they fear the final price tag could end up being even higher than $53.8 million.

TORSTAR NEWS SERVICE

2 There's money for victims services

$16.2 million over the next four years goes toward victims services and to create liaison units to assist families. The measures are designed to ensure families feel connected to the inquiry process as it proceeds.

CP

3 Indigenous leaders hold the cards

It will be up to indigenous leaders to work with commissioners. Assembly of First Nations National Chief Perry Bellegarde said he's confident the chiefs will be willing partners.

4 The final report will be non-binding

While they will be able to compel witnesses during their work, as stipulated in the Inquiries Act, they will not be able to force governments to comply with their findings.

CP

5 The timeline is flexible

Indigenous Affairs Minister Carolyn Bennett has stressed the need for the inquiry to be done properly, meaning the commissioners might be given longer than two years to finish their work.

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metro LIFE

Your essential daily news

Thursday, August 4, 2016

It started off innocently enough, but now that the clenched-fist Arthur meme has turned explicit, the show's network says it's 'disappointed'

Maybe she's born with it, maybe it's microblading

It's not just celebrities putting a lot of effort into their brows: sales of eyebrow makeup grew by 42 per cent in Canada in 2015, according research firm NPD Group. Can you name these famous eyebrows? Clockwise from top left: Emily Ratajkowski, Sabrina Carpenter, Priyanka Chopra, Chloe Moretz, Hawa Diawara, Amanda Peet, Kylie Jenner, Cara Delevingne. ALL PHOTOS GETTY IMAGES

STYLE TREND

How eyebrows became the most important beauty canvas

Genna Buck
Metro Canada

Don't look so surprised.

Seriously, don't. Plucked, highly arched eyebrows are a beauty faux pas now. They've been replaced with a perfectly sculpted, full and natural look.

As one salty Internet meme scolds: "Don't let anybody with bad eyebrows tell you sh-t about life."

Putting aside the harms inherent in unattainable beauty standards, when did eyebrows become so important? Recently, it seems.

According to the market research firm NPD Group, sales of eyebrow makeup grew by 42 per cent in Canada in 2015, handily outperforming the 18 per cent growth in makeup sales overall.

It's not just pencils anymore: Eyebrow gels, tints, and powders and the services proffered by "brow bars" — beauty salons that focus mostly or entirely on eyebrows — are booming too.

One such growing business is Winnipeg's Brows by G, which specializes in microblading, a type of semi-permanent cosmetic tattooing sometimes called "eyebrow embroidery" that has taken off in the last few years.

The owner, Giovanna Minenna, spends much of her time teaching other beauty professionals how to do the sought-after service.

The women driving the boom, explained Cara Dveris, Brows by G's studio manager, have serious eyebrow regret.

In the 1970s, '80s and '90s, everyone had that really thin brow," she said. "We're getting a lot of clients in their 50s and 60s now who over-plucked back in the day. And their hair never grew back."

Priyanka Jain, a 31-year-old public health specialist who drives 40 km from Toronto to see her trusted "eyebrow lady" in Oakville, Ont., suggested another reason for the eyebrow explosion: The growth and influence of communities where eyebrows have long been a cornerstone of many women's beauty routine.

"It's a new cultural phenomenon in terms of the mainstream, but if you were a South Asian girl growing up, you've been doing your eyebrows for a very long time," she said.

"When I go to a new city, it's the first thing I ask a friend: 'Where do you get your eyebrows threaded?'"

Jain is one of those consumers clamoring for eyebrow makeup.

"When I fill in my eyebrows, I get so many compliments. People go "Wow.' I look like I'm put together."

Claudia Coelho, a Toronto-based freelance makeup artist, attributes society's growing fascination with eyebrows in part to U.K. actor Cara Delevingne, who "put the big, bold brows on the map."

In her business, "When it comes to bridal, beauty and prom clients, it's definitely all about the brows," she said. "It's definitely social media driving it."

Beauty gurus on YouTube and Instagram have elevated eyebrow sculpting (and makeup in general) to a hobby, even an art form, she explained: "It's just a different canvas."

The racism seminar in Superstore is a micro event for the macro things happening across the U.S. today. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy tackles racism in the U.S.

THE SHOW: Superstore, Season 1, Episode 3 (Global/NBC)
THE MOMENT: The racism seminar

Several employees of the superstore Cloud 9 (think Wal-Mart) have crossed a racist line: Mateo (Nico Santos), who is Asian, was pretending to be Mexican. Chastising him, Amy (American Ferrera, whose parents are Honduran) did a racist Asian accent. Jonah (Ben Feldman) helped an elderly lady who turned out to be a white supremacist. Their boss Glenn (Mark McKinney) lectures them on sensitivity.

"Anyone can be a racist," Glenn says.

"I was not being racist," Amy insists. "I was making a comment about racism."

"Helping people because they're white is almost as bad as discriminating against them if they're not white," Glenn tells Jonah.

"It's exactly as bad," says Garrett (Colton Dunn), who is black.

"I helped that lady because she was old, not because she was white," Jonah says.

"Ageism is just as racist as racism," says Mateo, who dislikes Jonah.

"Are racist jokes OK again?" asks Dina (Lauren Ash). "Did you hear the one about the Jewish bird?"

Showrunner Justin Spitzer previously wrote for The Office, so workplace-comedy comparisons are inevitable. The overlapping quips, and Amy and Jonah's will-they-won't-they attraction, feel familiar. But while the earlier series explored the minutia of behavior among people trapped in dull jobs — small things writ large — this new one cracks the world open. It's big stuff — immigration, ethnic tension, corporate greed — writ funny.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BY THE NUMBERS

Potter script sells more than 2M copies in 2 days

Reviews for the Harry Potter and the Cursed Child Parts One and Two book have been mixed, but it has topped the bestseller lists of Amazon.com and Barnes & Noble.com. It's still among the fastest-selling works in history. Here is the numbers breakdown:

2M

The script to the London stage production sold more than 2 million print copies in North America in its first two days of publication, Scholastic announced Wednesday.

8.3M

That's well below the 8.3 million copies sold in 2007 for the first day of Harry Potter and the Deathly Hallows, J.K. Rowling's then-presumed finale for her fantasy series. THE ASSOCIATED PRESS

THE UNDERGROUND RAILROAD

Winfrey's latest book club pick

Oprah Winfrey has a new book club pick, Colson Whitehead's The Underground Railroad, a historical novel that imagines the network of safe houses and passages that helped slaves escape to free territory is an actual train.

Winfrey told The Associated Press during a recent telephone interview that she knew from the first sentence that she would want to share her passion with her audience, an impulse she has relied on with uncommon success for 20 years.

"I was blown away by it," Winfrey said. "'Blown away' is an often-used expression, but with this book it was to the point of sometimes putting it down and saying, 'I can't read anymore. I don't want to turn the page. I want to know what happens, but I don't want to know what happens.'"

The Underground Railroad was scheduled to come out in September, but after learning of Winfrey's decision, Doubleday moved up the release date to Tuesday and more than doubled the announced first printing, from 75,000 to 200,000. An interview with Whitehead appears in the September issue of Winfrey's magazine, O, which comes out next week.

Winfrey's website, Oprah.com, will include a reading guide and Winfrey's comments, and Underground Railroad will be featured on the social media site Goodreads (Goodreads.com/OprahsBookClub).

By Tuesday evening, The Underground Railroad was No. 4 on Amazon.com after beginning the day unranked.

Whitehead, 46, is the author of highly regarded novels such as The Intuitionist and John Henry Days, and a finalist for the Pulitzer Prize and the National Book Critics Circle award. In The Underground Railroad, his sixth novel, he imagines that the network of safe houses and passages that enabled slaves to reach free territory is an actual train.

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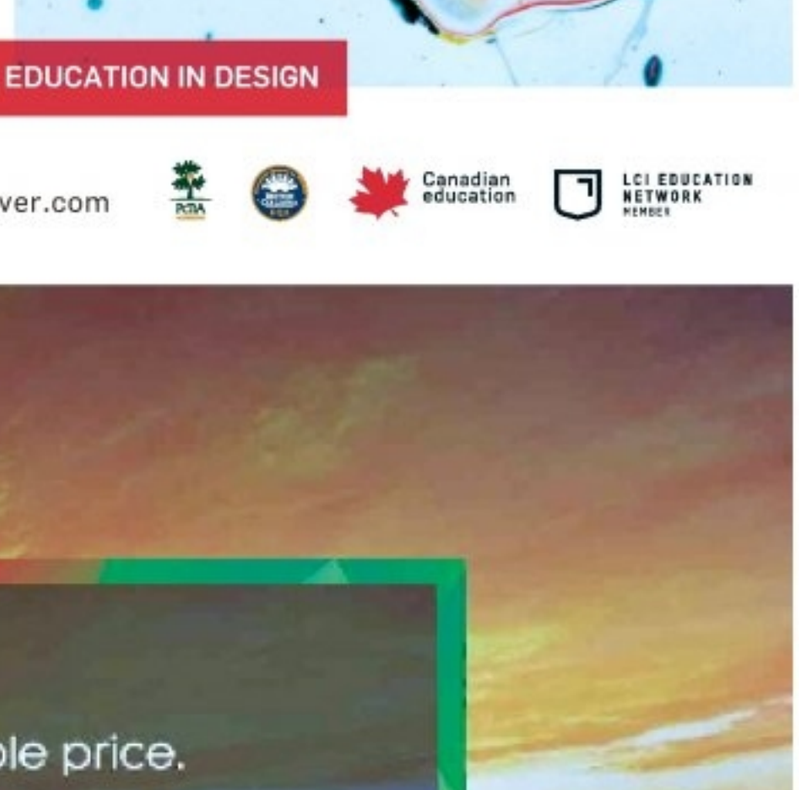

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Your essential daily news

Going gourmet: Home coffee trend is for drink to be treated like a fine wine or craft beer

MEET THE CONDO

Light-filled Langley townhomes

Project overview

Pre-sales for the next phase of the Brooks at Langley will be released soon. The townhouses, built by Apex Custom Homes, features three and four-bedroom options. Residents can enjoy oversized windows that fill the space with light, as well as entertainment-sized covered decks and patios for family barbecues.

Housing amenities

Residents can feel pampered with the luxury of natural gas cooking, heated floors and tankless hot water. Units come with quartz countertops, custom cabinetry, crown molding and Italian fixtures. Homes are energy efficient and will save owners 25 per cent on their monthly utility bill and up to 10 per cent on mortgage insurance premiums.

In the neighbourhood

The Brooks is situated in the Willoughby area. The development backs onto Routley Park, tennis and basketball courts, soccer fields, community gardens and walking trails. There's even an off leash area for pets. It's one block from Moreno's Market and a short jaunt to R.E. Mountain Secondary School.

Location and transit

Bus stops are a stone's throw from The Brooks at Langley, while Highway 1 is minutes away for those residents who commute to other parts of the Lower Mainland, whether it be for work or pleasure. There's also the nearby Fraser Highway and Highway 10.

NEED TO KNOW

What: The Brooks at Langley
Builder: Apex Custom Homes
Designer: Shana Bains, Donna Fleischhaker
Location: Willoughby, Langley
Building: Townhomes
Sizes: From 1,476 sq. ft. to 1,928 sq. ft.
Model: Three and four-bedroom options
Pricing: Starting in the mid $500,000s
Status: Final phase of pre-sales starting soon
Occupancy: Fall 2016 to fall 2017
Sales centre: 19913 70th Ave., Langley
Phone: 604-619-4902
Website: thebrooksatlangley.ca

BROOKS AT LANGLEY

CONTRIBUTED

5 DOWNSIZING TIPS FOR YOUR HOME FROM THE PROS

For empty nesters, seniors and others who find themselves moving into a smaller space, downsizing can feel emotionally and physically overwhelming. However, careful planning and perspective can make it easier. THE ASSOCIATED PRESS

It helps to keep your eyes on the prize, experts say. Envision how great it will feel to be unburdened by excess and achieve your goal of living happily with less, in a smaller but comfortable space, says Stephanie Sisco, home editor for Real Simple Magazine.

Here are five suggestions to make downsizing easier:

Don't guess

Measure your new space to determine exactly what will fit (and what won't), and precisely where each piece of furniture should go. Draw a floor chart onto graph paper so that each square represents a foot, with furniture pieces cut out from Post-Its and placed appropriately on the grid.

Prepare

Start paring down by making a list of everything you don't love or need so you can start selling or giving it away. Identify charities. "Before you start a big purge, it's good to know where you want to donate your items like books, clothes and furniture. Do a little research," says Sisco.

Plan ahead

Begin the process of discarding your possessions by tackling the least sentimental first, so you don't get bogged down, says Sisco. Start with the laundry room or pantry, for instance, and work your way up to things like photos or mementos, the toughest things to get rid of.

Get help

"It really helps having someone by your side, helping you stay focused," Sisco says. It could be someone from a moving company, a friend, a neighbour or family member. It's important to have support making the many decisions that come up before, during and after a move.

Keep it quick

Unpack quickly to keep your new home from feeling cluttered. Get all boxes out the door within days. "If you've done things right in the planning stages, the resettling part should be ... easy," says Diana Zagariello, owner of Caring Transitions of Long Island, based in Merrick, N.Y.

DECOR

Wood walls make comeback

The phrase "wood walls" should no longer conjure up images of gloomy paneled basements or cabins sheathed in dated, knotty pine. Today's wood walls are riding high on the decor trend curve.

Some pay homage to wood walls' early or mid-century roots. Wainscoting, that charm-filled wall treatment in old timey colonials and capes, might now be painted a dramatic deep violet, decked out with a lattice motif, or be given an exaggerated scale higher or lower than the standard chair rail.

Then there's the reclaimed wood wave, popularized by celebrity renovators Joanna and Chip Gaines of HGTV's Fixer Uppers series. The couple frequently uses rough-hewn boards from old barns and farmhouses. Fans of their Waco, Texas, store Magnolia Market can buy T-shirts hashtagged "shiplap."

Designers suggest creating feature walls with either a sleek contemporary look or a rustic modern vibe. Horizontal, vertical, herringbone or mosaic patterns add depth and dimension.

Wood walls are a strong décor trend, and they're a far cry from the dowdy paneling of decades past. MARIE-DOMINIQUE VERDIER/SELLE VALLEY CONSTRUCTION/STIKWOOD VIA THE ASSOCIATED PRESS

Peter Glassford of San Antonio fused his studio art background and his marketing and design job with a high-end Mexican furniture maker to create sculptural installations with the tropical hardwood off-cuts left over from furniture making. He now produces mass-market collage squares representative of his original signed art. The dramatic 3-D designs, which can be lacquered in custom hues, evoke the Abstract Expressionist work of American sculptor Louise Nevelson.

"Each panel is unique, like a small curation of random shapes that celebrates chance, free of patterns," Glassford says.

Architects are adding wood feature walls to contemporary homes. Angela Robinson used horizontal boards on a bedroom wall at Inn the Estuary, a bed and breakfast in Nanoose Bay, British Columbia. The panels blend a modern sensibility with a respect for the wilderness.

"I love to incorporate natural textures and materials," says Robinson. "Wood adds warmth and, depending on how it's finished, can make a space feel more traditional, contemporary, rustic or refined."

THE ASSOCIATED PRESS

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MSRP* $1400
SAMSUNG
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M#: WF42H5000AW/DV42H5000EW
PROMO PRICED $1599.96
MSRP* $2050
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metro SPORTS

Ex-Knicks coach Derek Fisher hinted he's considering a return to playing after posting a workout video labeled #Imnotdoneyet

Beckie has Canada up and running after 20 seconds

ROAD TO Rio
Flying start

Women off to Olympic flyer as Harnett sets a medal target

It was a dramatic start for Canada at the Rio Summer Games on Wednesday.

Janine Beckie scored the quickest goal in Olympic soccer history as the Canadian women's soccer team earned a dramatic 2-0 win over Australia in Sao Paolo, Brazil. Beckie opened the scoring just 20 seconds into the match as Canada secured the victory despite playing short-handed for 71 minutes after Shelina Zadorsky received a red card.

The women's preliminary soccer schedule began two days before the Games are scheduled to officially open. After plenty of anxious moments for the Canadians, veteran captain Christine Sinclair cemented the win in the 80th minute.

Sinclair also made her presence felt early, intercepting Laura Alleway's pass to defensive partner Alanna Kennedy in front of the penalty box. And when Alleway rushed out at the Canadian captain, Sinclair coolly rolled a perfect pass through her legs to Beckie who tapped the ball past Australian goalkeeper Lydia Williams.

But the Canadians lost Zadorsky in the 19th minute, leaving Canada a player short for the remainder of the contest to nurse the slim lead. Zadorsky grabbed an Australian attacker by the shoulder, forcing her down.

Williams stopped a Beckie penalty in the 73rd minute after what was deemed an Australia handball in the box.

But Sinclair earned the insurance goal for Canada, beating Williams to a long ball from Fleming and then knocking it into an empty net. She celebrated with verve, clenching her fists. Canadian coach John Herdman said his team dug deep.

"The game had a bit of everything," he said. "It was great to watch."

The Olympic flame is now in Rio, ready for the lighting of the cauldron Friday. The torch relay, which began with a ceremonial lighting in Ancient Olympia, Greece in April, hitched a ride on a tour boat to reach the first city in South America to host the Olympics.

The Canadian Olympic Committee also held its traditional kickoff news conference Wednesday. The overriding theme was "Canada is ready" after its athletes registered 34 top-five world championship performances in the past year after a strong showing at last summer's Pan Ams in Toronto.

The international results, says Canadian chef de mission Curt Harnett, show Canada is on pace to reach its goal of a top-12 finish in the final medal standings.

"Our athletes' performances on the international stage have been incredible, and have kept our athletes on track with this goal," said Harnett, a three-time Olympic cycling medallist. "It has been such an honour to see them in beast mode over the last few months on the road to Rio."

Harnett believes Canada's 314-member team will win in the range of 19-plus medals, which would be one more than the Canadians brought home four years ago from London. Topping 20 medals would be a significant accomplishment for the Canadian squad — the last time that happened was 1996 (22 medals).

The Canadian medal run is expected to be anchored by a track and field team that made a historic eight marches to the podium at last summer's world championships.

THE ASSOCIATED PRESS

"It has been such an honour to see them in beast mode over the last few months on the road to Rio.
Canada chef de mission Curt Harnett

Janine Beckie scored just 20 seconds into Canada's match against Australia in Sao Paulo. MIGUEL SCHINCARIOL/AFP/GETTY IMAGES

IN BRIEF

Le Toux makes Rapid move
The Philadelphia Union traded French midfielder Sebastien Le Toux to the Colorado Rapids on Wednesday in exchange for general allocation money. The 32-year-old former Vancouver Whitecap Le Toux was selected by Philadelphia in the 2009 expansion draft after being left unprotected by Seattle, and led the expansion Union with a career-high 14 goals in 2010.
THE ASSOCIATED PRESS

Jays' big bats down 'Stros
Josh Donaldson hit two home runs, and Marco Estrada threw seven solid innings and the Toronto Blue Jays beat the Houston Astros 3-1 Wednesday night.
Jose Bautista hit his second home run in as many nights in the sixth as he and Donaldson went back-to-back.
THE ASSOCIATED PRESS

No charges for Browner
Seattle Seahawks cornerback Brandon Browner will not be charged after an allegation that he punched his girlfriend's father at a Southern California home. The Los Angeles County district attorney's office told the Seattle Times on Wednesday that there would be no charges filed against the 32-year-old defensive star.
THE ASSOCIATED PRESS

RECIPE Muffaletta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Spend a few minutes in the morning assembling this gorgeous beast of a sandwich and come home just long enough to grab it and head back outside for a picnic dinner.

Ready in
Prep Time: 10 minutes
Total Time: 8 hours

Ingredients
- 1 loaf of bread
- 1 Tbsp olive oil
- 2 Tbsp black olive tapenade
- 1 cup roasted red peppers, sliced into strips
- 2 cups mozzarella, sliced
- 2 handfuls of fresh basil
- 8 to 10 pieces of thinly sliced ham or prosciutto
- 1 or 2 tomatoes, thinly sliced
- 1/2 cup green olives, sliced

Directions

1. Use a serrated knife to cut off the top third of the loaf of bread. Tear away the interior bread leaving about one inch, including the crust. Brush the inside of the top and bottom pieces with olive oil. Spread the tapenade on the underside of the top and set aside.

2. Begin layering. You can't go wrong. First lay down the red peppers. Next, lay down the mozzarella and cover with basil. Ham could come next, then olives and tomatoes. When you're done, place the top on and gently press down.

3. Wrap in cling film and place on a plate with something heavy on top. Put it in the fridge overnight. When you're ready to serve, unwrap your sandwich and cut into the loaf with a serrated knife.

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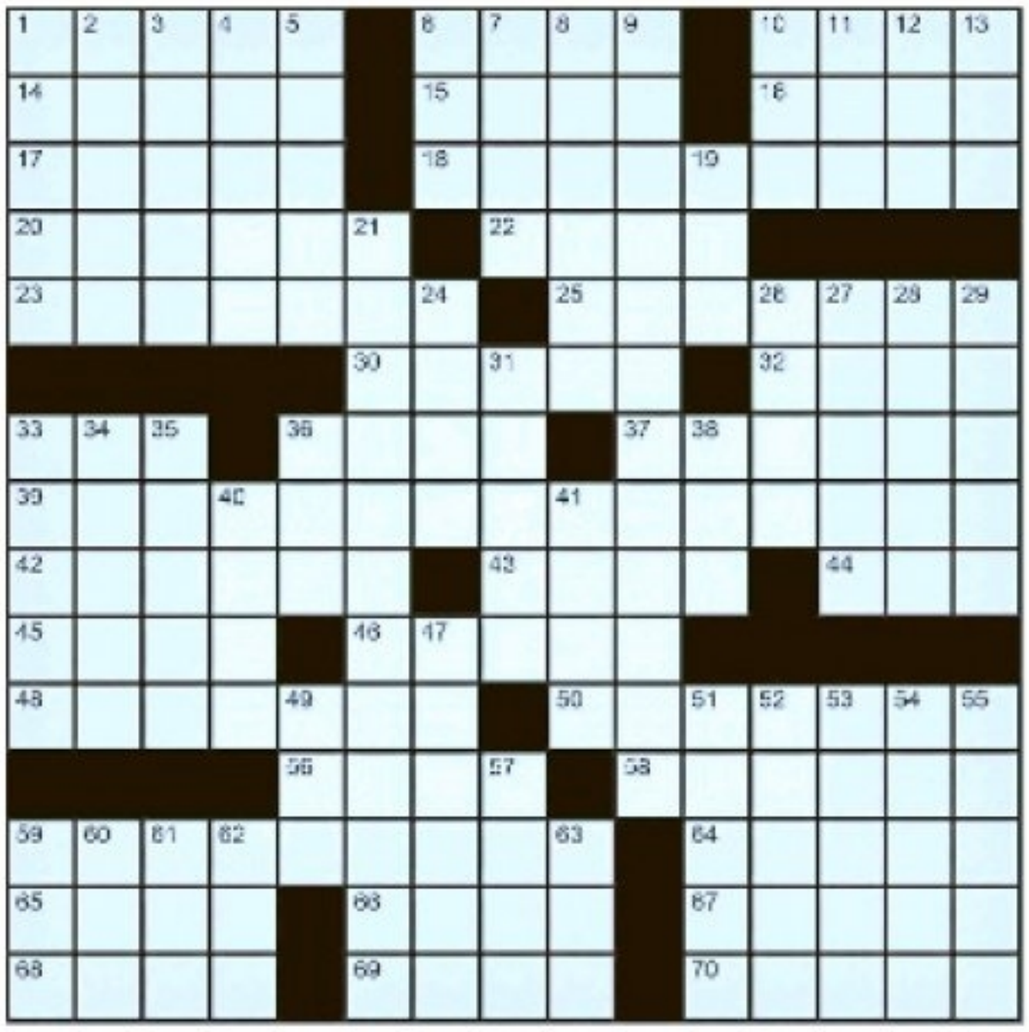
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Prefix to 'biotic' (Type of diet)
6. Dracula, e.g.
10. Hollywood icon Ms. Crawford
14. Sounded satisfied
15. Quant _ _ (For my part, in French)
16. Up to it
17. Shred the cheese
18. Magic screen toy
20. "You're welcome.", fun-style: 2 wds.
22. Raison d'_
23. Word's opposite meaning word
25. Paper craft of Japan
30. Canadian comic strip, For Better or For _
32. The Good Earth heroine
33. "_ Wiedersehen!"
36. Spare
37. John Lennon art portfolio: 2 wds.
39. Historic body of Canadian water, e.g.: 3 wds.
42. _ over (Capsized)
43. North: French
44. Ouest's opposite
45. Nabisco cookie
46. Has permission to, Shakespeare-style
48. Plant boss
50. Current
56. Consequently
58. Not any longer: 2 wds.
59. 6/49 and Lotto Max winners, sometimes
64. Spaghetti topper
65. Famed NYC music club
66. General Robert _. _
67. Verbs subject
68. Snake snacks
69. Use a stun gun
70. Foxier

DOWN
1. _ Carta
2. Mr. Eckhart
3. Book's one-of-some, for short
4. Like '80s fashions now
5. Cineplex _
6. "Rhoda" star Ms. Harper, to pals
7. 1975 title song lady hit for American band Pure Prairie League
8. Words to live by
9. Whitehorse-born author of 1970 book The National Dream: 2 wds.
10. Jam container
11. Broad belt
12. Highness, for short
13. Society notice word
19. "_ Mir Bist Du Schon"
21. Ottawa shopping area since 1826: 2 wds.
24. Change residence
26. 1956: "The Wayward Wind" by _ Grant
27. "_ _ like ours / Could never die..." - The Beatles
28. Sometimes-braided horse hairs
29. Torpid
31. Director Mr. Harlin
33. Andrew Lloyd Webber tune: "All I _ _ You"
34. Nirvana album: 'In _'
35. Fugitive
36. Stockholm is its cap.
38. 'Dull' suffix
40. Balm additive
41. Toll
47. Ms. Lansbury
49. Sea: French
51. Military assignments
52. Urge forward
53. Like the cob's stuff
54. Come about
55. French painter known for 'Tubism', Fernand _ (b.1881 - d.1955)
57. Iron and lead
59. John Fogerty's gr.
60. Northeastern Ontario community
61. Scale readout, for short
62. Archaic [abbr.]
63. Behold

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You're keen to get better organized today, even though someone who is a teacher or from another culture might discourage you. Perhaps this person wants to play?

Taurus April 21 - May 21
Explore creative opportunities today. Accept invitations to party and enjoy sports events and the arts. Financial restrictions might limit your choice. (Ain't it the truth?)

Gemini May 22 - June 21
Lately, your busy pace has been exhausting. That's why you welcome an opportunity to cocoon at home and enjoy the comfort of familiar surroundings.

Cancer June 22 - July 23
Today you're full of bright ideas that you want to share with others. Late in the day, someone might discourage you, because this person is older or more experienced. Don't let this happen.

Leo July 24 - Aug. 23
Keep an eye on your finances today, because you might want to shop or explore financial negotiations. Whatever you do seems to be at odds with your social plans.

Virgo Aug. 24 - Sept. 23
Be aware that your reaction to others and daily events might be more emotional than usual today. Don't worry about this — it happens.

Libra Sept. 24 - Oct. 23
Work alone or behind the scenes today, because this will suit you best. Your increased popularity lately has stretched you a bit thin. Take a rest!

Scorpio Oct. 24 - Nov. 22
Enjoy schmoozing with others today, especially younger people. A serious conversation with a female acquaintance will be important.

Sagittarius Nov. 23 - Dec. 21
You are high-viz today — people notice you. This suits you perfectly, because you have something to say. Don't second-guess yourself and don't hold back.

Capricorn Dec. 22 - Jan. 20
This is a fun day to discuss future travel plans. You will enjoy meeting people from different cultures and backgrounds because you want to expand your experience of the world.

Aquarius Jan. 21 - Feb. 19
Tie up loose details regarding debt, shared property, taxes and inheritances.

Pisces
Feb. 20 - March 20
You have to compromise with others, because the Moon is opposite your sign. This is not a big deal. Just go with the flow. Late in the day, someone older might be opinionated. (Dodge this if you can.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		4	3	5	6	9		
	5						3	
6								2
3		6	4		9	7		5
5								4
9		1				2		6
1			7	8	5			3
	3						2	
		8	2	3	4	1		

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6	7	8	9	5	3	4	1	2
5	1	9	2	4	6	3	8	7
3	4	2	7	8	1	9	5	6
7	3	4	8	2	9	1	6	5
2	9	1	6	7	5	8	3	4
8	6	5	1	3	4	2	7	9
1	5	3	4	9	7	6	2	8
4	2	7	3	6	8	5	9	1
9	8	6	5	1	2	7	4	3

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